



**PAPILLION SOCCER CLUB
RETURN TO PLAY GUIDELINES
Updated 7/17/20**

General

- Stay home if you or someone in your house is ill (cough, fever, etc.)
- Players, coaches, and staff showing signs/symptoms of COVID-19 (fever over 100.4F, sudden onset of cough or sudden onset of shortness of breath) shall not participate.
 - If a player, coach, administrator, or official has a confirmed case, you must contact our DOC, Alan Carr @ psc.doccoaching@gmail.com or Renae Mazur (psc.club.admn@gmail.com)
- Wash your hands frequently (before/ after attending games and practices)

People

- No walk in players “guest players” to practices
- Parents should remain in their cars, or adhere to the 6 ft, social distancing guidelines if they exit their cars. Do not congregate at the fields or in the parking lots.
- Players and coaches should still actively avoid non-game related contact such as: close group huddles, high fives, hugs, handshakes, etc

Equipment

- Equipment should not be shared between players whenever possible. Shared equipments of any kind will be disinfected before and after trainings. Where possible, communal equipment should only be handled by the coach.
- If equipment is shared, or used for multiple groups, it should be thoroughly cleaned between sessions.
- “Pinnies” shall be used only if: the pinnies are individually distributed to each player and used by that player for the season , or the pinnies are washed and disinfected in between each training /individual contact.
- When possible, players should use their own soccer equipment at training (balls, shin guards, bibs, and goalie gloves if applicable)
- Players water and personal equipment should not be shared and should be spread out to ensure breaks are appropriately distanced.
- Do not share sweat rags/coolers
- PSC will provide hand sanitizer for player/coach use
 - Coaches must disinfect shared equipment before and after each practice.
 - Spray the hands of all players after play



COVID-19 PROTOCOLS

WHEN SOMEONE GETS COVID-19

Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptom of COVID-19.

Parents/Guardians or Supervising Adults should contact their primary care physician and seek COVID-19 testing promptly and report results to the Club Administrator given the implications for other children, families, and staff.

Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

Player Or Staff Has Close Contact: Anyone with close contact with a person exhibiting symptoms should also be separated and sent home and should follow CDC guidelines for self-monitoring and procedures for community related exposures.

If COVID Symptoms Exhibited During Event: If a coach, player or staff member exhibits symptoms during an event, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms. They should not be allowed to return to activity until they have met the CDC criteria to discontinue home isolation.

Coach/Player/Parent/Staff/Volunteer Members Return to Play: If a member has been diagnosed with COVID-19, such member should not be allowed to return to participation **until all three** of the following criteria are met:

- at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
- the individual has improvement in symptoms (e.g. cough, shortness of breath abated);
- at least 10 days have passed since symptoms first appeared; or the individual has symptoms that could be COVID-19; and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to practice or play until the individual has completed the same three step criteria listed above.

After completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return. Again, kids of parents that have been in contact with COVID-19



positive tested parent should not participate until quarantine periods ends and both kids and parents have tested negative and receive clearance from a physician.

Cleaning / Disinfecting Surfaces: Any areas, surfaces, or shared objects used by a sick person cleaned and disinfected immediately.

Notification: Parents notify your coach and PSC Contacts (see below) and family members immediately of any lab confirmed case of COVID- 19 while complying with local state and privacy and confidentiality laws as well as with the Americans With Disabilities Act.

PSC will work with coach, team and with local health officials regarding close contacts COVID19 cases.

Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

Soccer Sports Director - Lyn Faulkner (alfaulkner2749@gmail.com)

Club Administrator – Renae Mazur (psc.club.admn@gmail.com)

DOC – Alan Carr (psc.docoaching@gmail.com)

Multiple Infections: If 3 or more team members test positive for COVID-19, PSC will work with state and local health care officials regarding appropriate decisions on continued operation of the sports league.